

AIMD OCEANA "EAGLE"

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AIMD OFFICER in CHARGE

It is time to bid farewell to another year. What a great year it has been! The AIMD Team has been phenomenal setting new records, breaking some old ones and achieving some almost impossible goals. It has been such a pleasure to watch it all unfold over the past 12 months. The high level of professionalism and intense dedication demonstrated daily by the men and women of AIMD are the traits that continue to make all these accomplishments happen.

AIMD has had personnel involved in every major operation around the world including Operation ENDURING FREEDOM,

INFINITE JUSTICE, SOUTHERN WATCH, BRIGHT STAR, AND TANDUM THRUST. We supported 24 underway periods with our SEAOPDET folks as well as 34 shore based detachments with both sea and shore personnel. Through resourcefulness, ingenuity, and determination you saved well over 35 million dollars in repair costs. Additionally, several of our shipmates were creative earning 26,496 dollars through the Military Cash Awards Program.

Our personnel programs are alive and well as we had 207 Sailors reenlist receiving 1,716,248 dollars in bonuses. We had 182 people use the Guard 2000 Program including 147 first and second term people and 35 careerist. Two of our people were selected to officer programs while nine folks were selected into the Naval Aircrew Program. Throughout the year 199 awards (medals) were distributed for professional excellence.

There is a lot to be thankful for. We support and defend the greatest nation in the world. This responsibility is afforded to only a select group of great Americans. Each and every one assigned to AIMD is among this select group of citizens that have dedicated their lives to this cause. It is a sacrifice that we all make with our families. Once again I would like to pass to each and every one of you and your families my heart felt thanks for all the great work. I hope everyone has a happy, healthy and prosperous 2003.

Best wishes,
CDR Jerry Zumbro
OIC AIMD Oceana

**Merry Christmas
and
Happy New Year**

Holiday Celebration

December 25th for all single sailors. 11 a.m. to 1 p.m. & 5 p.m. to 7 p.m. Get into the holiday spirit and come enjoy free festive treats while listening to holiday music. Call 433-2391

Free XMAS dinner is provided at the following location for all single sailors:

Norfolk Naval Station: 3 p.m. located at the rusty Anchor

NAB Little Creek: 1 p.m. all you can eat XMAS dinner at the Wind & Sea.

New Years Eve party for all single sailors will be located at the following site:

NAS Oceana: Great Escape 8 p.m. to 1 a.m.

Dam Neck: Oasis from 9 p.m. to 2 a.m.

Norfolk Naval Station: Call the Rusty Anchor for details.

Do some Winter Skiing or snow boarding at winter green this season. Watch your local MWR magazine for scheduled dates/time or just call you local MWR office for upcoming trips and locations.

Take in a Pro football game this year. Next one is scheduled for 22nd of December cost is on \$50.00. Teams are Browns vs. Ravens. Call 444-0891 for details.

CHAPLAINS NOTE

All Commands are aware of the unique demands that a Navy career places upon a marriage. The separations and reunions of couples over the course of a Navy career necessitate commitment, faith, maturity, responsibility, education and support in order to prevent marriage failure. A husband and wife cannot have a meaningful and successful marriage without support. Available at no cost to the Command and its members is a CREDO Marriage Enrichment Retreat.

In its continuing effort to promote health and relational wellness, CREDO offers a 48-hour Marriage Enrichment Retreat located in a scenic retreat site. The retreat offers couples the opportunity to relax in a wonderful setting for a romantic get-away at no cost!

Over the course of the retreat, couples gain a new understanding and insight into themselves, their spouses, and their marriage. Couples also come away with new skills and effective tools for positive communication. Throughout the retreat experience couples are challenged, motivated and encouraged to strengthen and better their marriage.

One spouse who attended a recent Marriage Enrichment Retreat indicated, "This weekend was the best thing for our marriage. We both learned a lot about each other in how we act and feel. Our communication has and will continue to improve."

Thus far, dates for fiscal year 2003 include, 14-16 FEB, 14-16 MAR, 11-13 APR, 06-08 JUN, and 15-17 AUG. To know more about the Marriage Enrichment Retreat and other opportunities for growth and wellness for marriages give me a call.

Help is just a phone call away!

Chaplain Huffstetler
433-4659

DAPA Corner

Timing is extremely important - not just in hangover prevention, but in determining when you should drive. You should always drink alcoholic beverages very slowly to allow your body the time it requires processing the alcohol. The liver can only process about 2 teaspoons of alcohol per HOUR. So, it takes the average adult 5-6 hours to completely metabolize the quantity of alcohol contained in 4 ounces of whiskey, or three 12-oz beers. This means that all those rapid drinking games (funnels, shot races, and so on) are out!

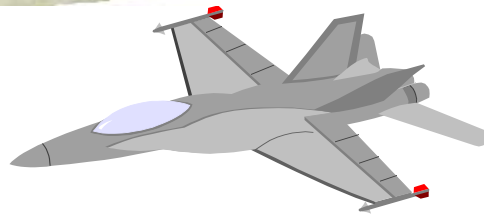
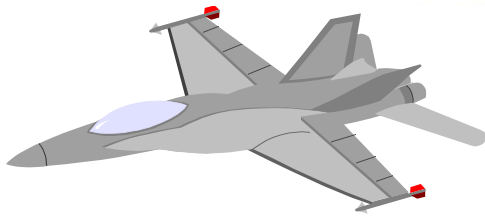
Drink at the right time. While to some, anytime is the right time to drink, drinking while you are fatigued, ill, or stressed can make the condition worse. Your body is already functioning poorly and can't process the alcohol as well as it normally can.

Time your drinks. You should know your approximate tolerance level for alcohol. Set a maximum number of drinks for the evening, and once you reach it drink only water. Many people use the one drink per hour guideline, but everyone has different tolerance levels based on weight, and other factors.

Always drink water between alcoholic beverages.

Blood alcohol chart (BAC level) as defined by the DMV: The following chart demonstrates percent the percent of alcohol in the blood in relation to body weight over time. ONE (1) drink is defined as 1 ounce of 100-proof liquor, one 5 ounce glass of wine, or one 12 ounce bottle of beer.





Division in the Spot light 900 Division (Support Equipment)

The Support Equipment (900) division at AIMD Oceana is the Navy's largest Shore repair facility to over 2,400 items of Aviation Support Equipment in support of 25 squadrons and tenant commands. Comprised of 144 military personnel, in 17 work centers, this superb and diverse group of technical professionals provide Organizational and Intermediate level maintenance repair for multiple complex systems, i.e. Aircraft Tow Tractors, Mobile Electrical Power Plants, Hydraulic, Cryogenic, Gas Turbine, Aviation Weapons and numerous others.

Committed to our Motto-“**No Air Support without Ground Support**”, every SE technician proudly demonstrates Pride and Professionalism as well as an understanding for the necessity of a quick turn around time to deploying squadrons. Dispatched SE Troubleshooters daily respond to numerous equipment trouble calls, providing quick and decisive repairs, which ultimately return equipment to customer use. Performing countless repairs on critical items of support equipment, this elite group of professionals clearly get the “job done”.

AIMD Oceana Support Equipment division also serves the fleet as a central prototype testing facility. Frequently we are called upon by NAVAIR, Cognizant Field Activity (CFA) and COMNAVAIRLANT to perform data collection and testing of new support equipment being manufactured to replace aging SE. We also perform fluid sampling and collection, which is used to better determine maintenance periodicity during the Reliability Centered Maintenance (RCM) process.

Serve and Defend, We are the Support Equipment TEAM!

Time Out! for Holiday Safety

Most of the 500 home fires that started in fresh and artificial trees during a 5 year period in the United States, were caused by Christmas tree lights. Those same 500 fires killed 18 people; injured over 100 adults and children; and resulted in over \$20.5 million in property damage. No one thinks disaster can happen to them... but it can. Suddenly & devastatingly. Annual numbers of Christmas tree fires have remained steady at about this same level since 1983, the NFPA report indicates. If you think your family isn't at risk - THINK AGAIN.

Things you can do to PREVENT from having a "HouseFire"

1. Buy a live tree that doesn't lose needles when you shake the limbs.
2. Using a pruning saw, trim off one to two inches from the base of the tree trunk before placing it in a stand. The fresh cut will help the tree absorb water, which will help it retain its needles longer.
3. Use a heavy-duty tree stand that's designed to not tip over.
4. Position the tree at least 3 feet away from any heat source.
5. Don't block an exit with the tree.
6. Position the tree close to an electrical outlet to avoid needing extension cords to plug in tree lights.
7. If old strings of lights have broken or worn wires or loose bulb connections - THROW THEM OUT and purchase new ones. ALWAYS follow the manufacturer's instructions when using new U.L.-approved strings of lights on your house or tree.
8. If you buy an artificial tree be sure it is clearly marked 'Fire Retardant.' to avoid the need for extension cords
9. NEVER use tree lights on a metallic artificial tree.
10. Give your fresh tree water daily. Assign someone the task & be SURE they fill the reservoir daily.
11. ALWAYS turn off the tree lights while you are away from home or before going to bed at night.
12. Hang a No Burns! Alarm Ornament on the nearest branch above EACH location where tree light strands are plugged together.
13. NEVER use real candles to decorate the tree.
14. Never throw wrapping paper into the fireplace.
15. Look for tree lights that carry the UL label indicating they have been tested by Underwriters' Laboratories.
16. NEVER leave candles unattended in a room.

To place an order for a No Burn! Alarm Ornament call toll-free 1-877-NO BURN



From the PAO:

Welcome to AIMD Oceana quarterly newsletter. As your PAO, I will always be looking for new and interesting stories to put into to our letter. If any of you previous aspiring reporters would like to be part of the process then fill free to either write and submit a article or forward your ides to me at 433-5022 or dardentl@aimdoc.navy.mil. If you have any improvement suggestions please fill free to contact me as well. Thanks to all those who made this edition possible. ADC(AW) Tony Darden